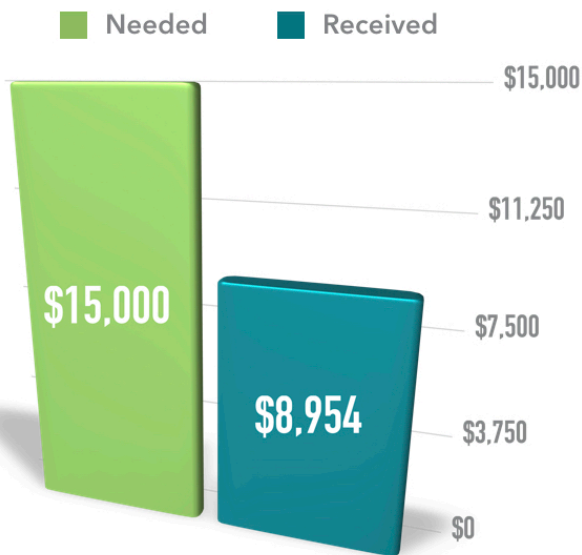


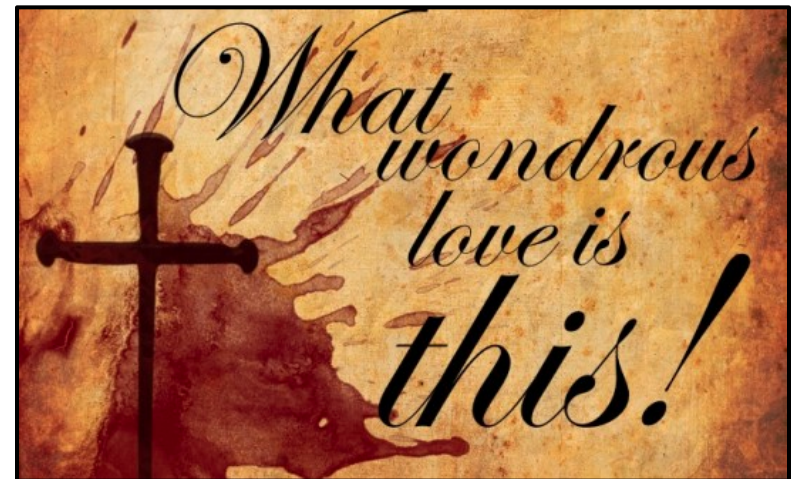
UPCOMING EVENTS & OPPORTUNITIES



TUESDAYS, 10AM – WOMAN'S PRAYER @ PAT PORTER'S
 WEDNESDAYS, 7PM – STUDENT MINISTRY (6-12TH GRADE)
 3RD FRIDAY, 7-8PM – PRAYER MEETING @ BLUE BLDG
 SUNDAY, 03/25 - ANNUAL BUSINESS MEETING
 FRIDAY, 03/30, 7PM - CAMPFIRE NIGHTS
 SATURDAY, 04/07, 7PM - MOVIE NIGHT
 SATURDAY, 04/14, 1-4PM - GAME DAY
 SATURDAY, 04/21, 9AM - HIKE @ NISQUALLY WILDLIFE REFUGE
 SATURDAY, 05/05 - FLOWER POT PLANTING PARTY
 FRIDAY-SATURDAY, 05/18-05/19 - MEN'S CONFERENCE



MONTHLY TITHES & OFFERINGS
 THRU MARCH 11TH



Please visit our website @
www.rochesterlife.org

FASTING: AN APPEAL TO YOUR TASTE BUDS

Pastor David Ristow

WHAT FASTING IS NOT:

1. It is not a _____ for spiritual alignment – Isaiah 58:1-3
2. It is not a means to _____ others. – Matthew 6:16
3. It is not a substitute for _____. – Romans 10:17
4. It is not _____ up to God to guarantee results. – 2 Samuel 12:16-18

Fasting is not twisting God's arm or manipulating him to respond to us but rather it is _____ ourselves to hear more clearly.

Fasting opens the door to _____.

There are two N.T. Greek words describing fasting:

1. Nestia:
2. Asitos:

There are two O.T. Hebrew words describing fasting:

1. Tsum:
2. Anah:

Note: These two words simply imply there is a purpose to abstaining from food.

There are over ___ references in scripture about fasting.

The challenge for Rochester Life.